

FEATURES

**118 At Home in the World** PEGGY NORTHROP

As she starts her fourth year in the White House, First Lady Michelle Obama is passionate about the needs of America's military families and about creating a brighter, healthier future for our kids. And she wouldn't mind coffee in bed.

**128 The Holiday I'll Never Forget**

Stories of joy, surprise, discovery, and love from seven authors.

**140 The Well-Chosen Gift**

Sure, it's the thought that counts, but around the holidays, who has time to think? These 56 choices let you match personalities with products and help you put the heart back into giving.

**Averie Carrion**  
rescued her family.

**164 Where Are Our Manners?** RORY EVANS

We have lots of reasons for being rude—but no excuses. How can we be nicer? Plus: the 50 essential manners.

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See the world differently.

**180 Health: The Reader's Digest Version**

JOE KITA

A little medicine of our own—succinct, practical, straightforward advice on health and well-being from a new book by the editors of *Reader's Digest*.

**188 Caught in a Trap** CHRISTOPHER GOFFARD

The crime looked horrific: kidnapping, torture, and sexual assault. But nothing was as it seemed.

FROM THE LOS ANGELES TIMES



**152 The Year in Happy Endings**

LAM LYE CHING, ANDREA COOPER, HELEN SINGY, GARY SLEDGE, AND NATALIE VAN DER MEER

Five stories of amazing resilience and miraculous recoveries.

PHOTOGRAPHED BY TAMARA REYNOLDS

ON THE COVER: PHOTOGRAPHED BY BEN BAKER/REDUX; HAIR BY JOHNNY WRIGHT; MAKEUP BY DERRICK RUTLEDGE



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Does the holiday season stress you out?

